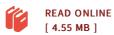




Emotions: Use the Way of the Samurai to Control Your Emotions: Learn to Control Your Emotions and Feelings in 10 Seconds with a Mixture of Samurai Techniques and Science Research.

By Nicholas Black

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ****** Print on Demand ******.10-Second Emotions - See it - Feel it - Breathe it - Write it The idea behind 10-Second Feelings was to mimic a philosophy that has resonated through Samurai warriors, philosophers, deep thinkers and athletes for literally thousands of years. The basic concept is to be able to control your emotions - whether they are good or bad - in the space of 10 seconds. I prepared some very interesting research that helps to support this concept. I have provided a variety of breathing techniques that will help you gain your mental focus in a very short period of time. I want you to imagine yourself standing at the side of a river. To your left the river disappears into a forest. The river stretches across the horizon in front of you, continuing to your right, off into the forest. It s a calm and serene day. The water is flowing peacefully by from your left side to your right. In the water you notice pieces of floating wood of various sizes. There are little...



Reviews

This published book is wonderful. It is one of the most incredible book we have go through. I realized this pdf from my i and dad advised this book to learn.

-- Felicia Heidenreich

Simply no words to explain. It really is basic but shocks from the fifty percent of the ebook. I am just happy to explain how this is the finest pdf we have read within my personal life and could be he best ebook for possibly.

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